



Vinterra
Life

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❧ Pitta/Kapha Food Program ❧

Basic Principles

Qualities to Reduce: hot, heavy, moist

Best Taste: bitter, astringent

Small Amounts: pungent, sweet

Worst Tastes: sour, salty

Foods listed as "Best" can be eaten without reservation on a daily basis. Individuals who are sick should consume only those foods on this list. These foods are the most ideal as they are the most balanced for both *doshas*.

Foods listed as "Small Amounts" can be eaten in small portions fairly often or in larger portions once or twice each week. Eating a wide variety of these foods is better than an abundance of just one. Over-reliance upon these foods can cause an imbalance.

Foods listed as "Avoid" should be eaten only on rare occasions and can be eaten once each month. They either cause an imbalance in both *doshas* or very significantly disturb one of the *doshas*.

Grains

These may be eaten as a cooked grain or as yeasted bread.

Best: Barley, basmati rice, corn flour products (except corn chips), rye

Small Amounts: Amaranth, millet, quinoa, rice (brown)

Avoid: Buckwheat, oats, wheat, white sticky rice

Dairy

It is best to use raw (non-homogenized) or organic milk products. Milk should be taken warm with a small amount of spices such as ginger and cardamom.

Best: Skim milk

Small Amounts: Ghee, goat milk, low-fat yogurt

Avoid: Butter, buttermilk, cheeses (hard and soft), cottage cheese, cream, kefir, ice cream, milk (whole), sour cream, yogurt (frozen), yogurt (whole milk)

Sweeteners

Overuse of any sweetener will eventually cause an imbalance.

Best: Stevia

Small Amounts: Fresh honey

Avoid: Brown sugar, date sugar, dextrose, fructose, grape sugar, honey (older than 6 months), maltose, maple sugar, maple syrup, molasses, rice syrup, white table sugar

Oils

Oils, being heavy and moist, should generally be used in small amounts in *pitta* /*kapha* types. The best oils are lighter, drier and cooler.

Best: Canola, corn, soy, sunflower

Small Amounts: Margarine, safflower

Avoid: Almond, avocado, castor, coconut, flaxseed, lard, mustard, peanut, sesame

Fruits

As fruits tend to be light and cooling, they are generally good for *pitta*/*kapha* types. Because they contain a lot of water, overuse can aggravate *kapha*. Dried fruits are the best, though fresh fruit may be taken as well. Greater amounts may be eaten in the summer and less the rest of the year. Most sour fruits have the unique effect (*prabhav*) of being cooling, despite the presence of fire in their taste. This makes them good for *pitta*, though they may still aggravate *kapha* in excess.

Best: Apples, blueberries, cranberries, lemon, lime, pomegranate

Small Amounts: Apricots, blackberries, cantaloupe, cherries, grapefruit, jujube, nectarines, oranges, peaches, pears, persimmons, pineapple (sweet), plums, raspberries, tangerines, watermelon

Avoid: Dates, figs, grapes, mango, papaya, pineapple (sour), strawberries

Vegetables

Raw vegetables are best in the summer. A mixture of raw and cooked may be eaten the rest of the year. Being light and cool, most vegetables reduce both *pitta* and *kapha* and thus should be eaten in great abundance.

Best: Alfalfa sprouts, artichokes, asparagus, bean sprouts, bell peppers, bitter melon, broccoli, Brussels sprouts, cabbage, cauliflower, celery, cilantro, cress, green beans, green peppers, kale, leafy lettuce greens, lettuce, mushrooms, parsley, peas (green, snow), pumpkin, sunflower sprouts, sweet peas, turnips

Small Amounts: Beets, carrots, corn, cucumber, eggplant, garlic (cooked), leeks, mustard greens, okra, onion (fresh), parsley, potatoes, seaweed, spinach, squash (yellow), tomatoes (sweet)

Avoid: Avocado, chilies, Jerusalem artichoke, radish, squash (acorn, winter) tomato paste

Nuts and Seeds

Heavy, oily and slightly warm, most nuts aggravate *pitta/kapha* individuals. Seeds are best, as they are lighter and drier.

Best: Pumpkin seeds, sunflower seeds

Small Amounts: Filberts, piñon (pine nuts), sesame seeds

Avoid: Almonds, Brazil, cashews, coconut, lotus seeds, macadamia, peanuts, pecans, pistachio, walnuts

Meats

Repeated research shows that plant-based diets are healthier than meat-based diets and prevent many diseases. Ayurveda and Yoga emphasize a vegetarian diet primarily for spiritual reasons. Hence, omnivores should limit meat consumption if possible. Weak patients should take meat as a soup broth. White meat is more balancing than dark meat.

Best: None

Small Amounts: Chicken, egg (white), fresh water fish, turkey

Avoid: Beef, duck, egg (yolk), lamb, pork, seafood, venison

Legumes

Beans tend to be dry, cool and somewhat heavy. Moderate use is generally all right for *pitta/kapha* types. They should be taken with spices to assist digestion. Soaking beans before cooking makes them easier to digest. Of all the beans, tofu and mung are the very best.

Best: Aduki beans, black gram, fava beans, kidney beans, lima beans, mung beans, navy beans, peas (split), pinto beans, soy beans, tofu

Small Amounts: Black beans

Avoid: Chickpeas, lentils, peanuts, tempeh

Spices

Spices aid the digestion and absorption of nutrients as well as improve flavor. As *pitta/kapha* individuals generally feel warm, mild to moderate spicing is good and care should be taken so that the overall spiciness of the food is not too hot. It is the overall effect of spicing that is most

important and not the individual spice used. Large amounts of the best spices are best used to enhance flavor.

Best: Cardamom, catnip, chamomile, coriander, cumin, curry leaves, fennel, lemon verbena, peppermint, saffron, spearmint, turmeric

Small Amounts: Allspice, anise, basil, bay leaves, caraway, dill, fenugreek, ginger (fresh), hyssop, oregano, paprika, parsley, poppy seeds, rosemary, sage, star anise, tarragon, thyme

Avoid: Asafoetida, black pepper, calamus, Cayenne pepper, celery seed, cinnamon, cloves, garlic (raw), ginger (dry), horseradish, marjoram, mustards (hot), nutmeg, salt

Condiments

Best: None

Small Amounts: Carob (sweetened with proper sweeteners)

Avoid: Catsup, chocolate, mayonnaise, vinegar

Beverages

These are best taken at room temperature or warm, and never ice cold.

Best: Green vegetable juices, tea (chamomile, mint, spice teas from the spices best list), water, water with lemon

Small Amounts: Naturally carbonated pure juice drinks with no sugar added

Avoid: Alcohol, black tea, coffee (caffeinated and decaffeinated), fruit juices (sweet), soft drinks, soda pop (sweetened), spicy teas